

Combating Stress - One Day at a Time!



Lately, for this State Employee stress has been like a bill . . . As soon as you get one paid off . . . Here comes another one, and another one and another one. I recently had my blood pressure taken and my cholesterol checked. The nurse gave me my results on the spot and said to me, ". . . Your blood pressure is great and your good cholesterol is exceedingly good." Because stress can have a negative impact on one's blood pressure and cholesterol, I was very happy to respond to the nurse that she would never believe the incredible amount of stress that I am currently going through.

Furthermore, it was great to tell the nurse that instead of deciding to choose negative activities to combat the stress (e.g., overeating, alcohol abuse, lying around doing nothing but having a pity party, etc.) I am doing positive things that I enjoy to help combat the stress. I exercise daily consisting of:

- always taking the stairs at work and any where else I go;
- partaking in an exercise regimen at least 30 minutes 3-4 times a week;
- walking the dog 45 minutes a day;
- dancing socially twice a week every week;
- and working in my flower garden which is so calming to the soul.

As a result, I feel great and I am delivered from the evil effects of stress one day at a time. I chose to be more proactive and lead a healthy lifestyle.

W.W. - MDEQ employee